

INFLUENZA TYPE A

The new Influenza Type A (H1N1) virus is a subtype of influenza virus A. This new type is a result of a mixture of different viruses that is being transmitted from person to person. To date there have been 96 cases confirmed in Portugal, 83 cases imported, and 13 from secondary direct contact. The period of incubation is: 1-4 days and the period which it is contagious is 5-7 days. It is most contagious at the time symptoms begin.

MOST FREQUENT SYMPTOMS

- Sudden onset of fever (>38 C or > 100.4 F) and one or more of the following symptoms:
- Upper respiratory symptoms (cough, stuffy nose, sore throat)
- Body / muscular aches
- Headache
- Fatigue
- Vomiting and diarrhea

WHAT TO DO IF YOU HAVE INFLUENZA LIKE SYMPTOMS

- Don't go to work or school
- Don't go to your doctor or to a hospital or Health Center
- Stay at home and call:

24 Hour Health Line 808 24 24 24

They will decide and tell you what to do. Follow their recommendations.

PREVENTION

Influenza spreads by droplet particles, when someone coughs, sneezes, or talks at 1 meter of distance.

Hands, computer keyboards, door knobs, light switches, faucets, and other surfaces can harbor the virus.

- When you cough or sneeze, cover your mouth and nose with a tissue. Avoid touching your mouth or nose.
- Throw away used tissues safely
- Wash hands well and frequently especially after coughing, sneezing, or blowing your nose
- Keep rooms well ventilated. Keep surfaces clean
- Encourage parents to keep their children home if ill
- If you are ill or with any influenza like symptoms, stay home, do not go to work

For more information:

www.portaldasaude.pt

www.dgs.pt

<http://www.cdc.gov/h1n1flu/>

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